

**Dr Craig Chike Akoh, M.D.**  
**POSTEROLATERAL CORNER RECONSTRUCTION**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>Phase 1 0-2 Weeks</i>	NWB	Locked in full extension, worn at all times	Gentle PROM Goal of 90 degrees of flexion and full symmetric extension	SLR, Quad sets, patellar mobs, gentle lumbopelvic and hip stabilization exercises
<i>Phase 2 2-6 Weeks</i>	NWB	Locked in full extension, worn at all times	Continue ROM as tolerated Goal: 120 degrees of flexion and symmetric extension	Continue with quad activation exercises
<i>Phase 3 6-12 Weeks</i>	Begin WB progression Goal: FWB by 8 weeks	May D/C brace when adequate quadriceps control is demonstrated	Full ROM	Stationary bike when 105 degrees of flexion is obtained Continue with quad activation exercises
<i>Phase 4 12-16 weeks</i>	FWB	None	Full	Leg press 25% BW, max knee flexion 70 Squat up to 50% BW max knee flexion 70, slow progression to full BW CKC exercises May begin light swimming/pool work

<i>Phase 5 4-6 Months</i>	FWB	None	Full	<p>Prolonged walking program Resistance stationary biking Advanced CKC exercises adding unstable surfaces Return to run program and plyometric work when</p> <ul style="list-style-type: none"><li>■ Able to perform 20 involved single leg squats to greater than 60 with good quadriceps control</li></ul>
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<i>Phase 6 6 Months – Return to sports</i>	FWB	None	Full	MD Clearance for return to sport activities as well as cutting and pivoting exercises.  RTS functional test prior to clearance.  Maintenance HEP
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For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.